

## Congratulations on your pregnancy!

Pregnancy and childbirth can bring exciting changes to your life. Some of the changes, however, can be confusing, overwhelming and even stressful.

Research shows that early prenatal care provides the best chance for healthy babies. At Medica, we are here to answer your questions, provide up-to-date information and give you support while you are pregnant.

We take your pregnancy seriously and that's why we've developed a number of resources to help you understand and prepare for your child's birth.



### Medica's Healthy Pregnancy Program

Toll-free **1-888-992-3875**

#### Informational Web Site:

Information about pregnancy is at your fingertips! Visit our Web site at <http://member.medica.com/healthypregnancy>

Ogow. Haddii aad dooneyso in lagaa kaalmeeyo tarjamadda macluumaadkani oo lacag la'aan ah, wac Medica: 952-992-2260.

ملاحظة: إذا أردت مساعدة مجانية في ترجمة هذه المعلومات، فاتصل على الرقم  
Medica: 1-800-373-8335.

Внимание: если вам нужна бесплатная помощь в переводе этой информации, позвоните Medica: 952-992-2294.

ໂປດຊາບ. ຖ້າຫາກທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປຂໍ້ຄວາມດັ່ງກ່າວນີ້ຟຣີ, ຈົ່ງ ໂທສູ່ Medica: 1-800-373-8335.

Atención. Si desea recibir asistencia gratuita para traducir esta información, llame a Medica: 952-992-2297.

កំណត់សំគាល់ បើអ្នកចង់បានជំនួយបកប្រែព័ត៌មាននេះដោយមិនគិតថ្លៃ សូមទូរស័ព្ទទៅ Medica: 1-800-373-8335 ។

Chú Ý. Nếu quý vị cần dịch thông-tin này miễn phí, xin gọi Medica: 952-992-2295.

Ceeb toom. Yog koj xav tau kev pab txhais cov xov no rau koj dawb, hu Medica: 952-992-2296.

Pažnja. Ako vam je potrebna besplatna pomoć za prevod ove informacije, nazovite Medica: 1-800-373-8335.

Hubaddhu. Yoo akka odeeffannoon kun sii hiikamu gargaarsa tolaa feeta ta'e, lakkoofsi bilbiltu Medica: 1-800-373-8335.

1-800-373-8335

*Attention. If you want free help translating this information, call 1-800-373-8335.*

*This information is available in other forms to people with disabilities by calling 952-992-2322 (voice), or 1-800-373-8335 (toll free), or 952-992-2357, or 1-800-234-8819 (TTY), or 711, or through the Minnesota Relay at 1-877-627-3848 (speech to speech relay service)*

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# MEDICA®



*A member's guide to*  
**HEALTHY  
PREGNANCY**

# MEDICA'S HEALTHY PREGNANCY PROGRAM

Medica's experienced nurses can help direct you to the services you need. A maternal nurse will contact you if your health care provider informs Medica that you have risk factors that are identified during your prenatal visits.

The maternal nurse:

- Is an experienced registered nurse who can answer questions or concerns you may have
- Provides education to meet your needs and interests
- Can link you with a public health nurse, community resources, interpreters or special programs you may need to help you quit smoking, taking drugs or consuming alcohol

*In addition, you may call and request this service if you have a history of medical problems or complications during a past or current pregnancy or if you feel it would be helpful.*

**Our goal is to promote healthy mothers and babies.**

Our Healthy Pregnancy Program is confidential, voluntary and provided to Medica members at no additional charge. Coverage of specific services may vary based on the terms of member/enrollee contracts, administrative policies and government mandates.



## Some warning signs of a high-risk pregnancy may include:

- Dull, low backache that does not improve with rest
- Contractions or tightening four times an hour or more, or menstrual-like cramps
- Watery vaginal discharge or vaginal bleeding
- Decrease in baby's activity
- Severe headache or changes in vision (seeing spots or blurred vision)
- Severe heartburn or pain in upper right side with no relief from antacids
- Sudden swelling in hands, feet or face
- Rapid weight gain—greater than three pounds in a week

**Call your health care provider immediately if you experience any of these warning signs.**



## Case in Point: Bringing home healthy triplets

Judy Miller\* listened in amazement as her doctor told her she was carrying triplets. This would mean more monitoring, tests and other procedures than normally required during the average single-baby pregnancy. There also was a good chance she would deliver her triplets pre-term, before they had finished the full 40 weeks of gestation. Medica assigned a maternal nurse to work with Miller.

“It was great,” Miller said about the help she received from Medica. “The nurse knew my situation and therefore I could call her with questions.” She helped Miller find a special childbirth class for parents expecting two or more babies and coordinated the high-risk maternal home care services ordered by her physician. Miller gave birth to three healthy babies: one girl and two boys. She had successfully carried them for 35 weeks—long enough to help ensure them a great beginning in life.

\* For privacy reasons, a different name has been used.